



North End Senior Solutions and NESS Club Calendar February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat			
<p><i>Healing Energy With Gwen Stevens 2nd and 4th Friday</i></p>			<div style="border: 2px solid red; padding: 5px;"> <p>Everyday Activities Welcome Hour Balance and Flex Exercises Crafts , Painting,</p> </div>	<p>Lunch and Snacks Quiet Time Board Games , Puzzles, Cards Reading and Musical Entertainment</p>	<p>1— Thursdays SHIBA Info Days Adam Swart 1st and 3rd Friday 10 am</p>				
2—	<p>3—8:00 am Welcome Hour 11 am Kickball Breakfast for Lunch: Blueberries, Eggs, Sausage, Hash browned Potatoes 1:30 p Mel and Al on Guitar 2:30 3 pm Tea Time- 3:15 Karaoke Experiment</p>	4—	<p>5—8:00 am Welcome Hour 11 am Noodles and Balloons Salad, Baked Turkey Breast or Ham or Veggie burger, Potatoes, carrots, and rolls 12:30 Karaoke Experiment 1:30 pm Mel on Guitar 2:30 pm Bingo 3:pm Tea Time 3:15 Black Jack/ 21</p>	6—	<p>7—8:00 am Welcome Hour 10 am Al on Guitar Adam Swart, Counseling 11: am Bean Bag Toss Salad, Salmon Patties, Squash 1:30 pm Mel on Guitar 3 pm Tea Time Karaoke Experiment 3:15pm—Ungame-</p>	8—	<p style="color: red; transform: rotate(-45deg);">Karaoke YouTube Upon Request</p>		
9—	<p>10—8:00 am Welcome Hour 11 am Kickball Salad, Chicken Enchiladas, Spanish Rice and beans 1 pm Hangman 1:30 pm Al & Mel on Guitar 2:30 pm Karaoke Experiment 3 pm Tea Time— 3:15pm Hang woman</p>	11—	<p>2nd Tuesday MS Support Group 11:00 am-12:30 pm Driftwood Library</p>	<p>12—8:00 am Welcome Hour 11 am Indoor Bowling 12:30 pm Card Games Salad, Lasagna, garlic bread 1:30 pm Mel on Guitar 2 :30 Bingo with a heart 3:pm Tea Time 3:15 pm —Yahtzee—</p>	13—	<p>14— 8:00am Welcome hour 10 am Al on Guitar 10:30 EIEIO w/ Matthew 11:am Ring Toss Salad, Spinach Quiche w/ Avocado and salsa and orange slices 1 am Healing Energy Gwen 1:30 pm Mel on Guitar 3pm Tea Time 3:15pm Hang Man</p>	15—		
16—	<p>17—8:00 am Welcome Hour 11 am Noodles & Balloons Lentil Soup, Veggie or Beef Burger w/ Sweet Potato Fries 1:30pm AL and Mel 2:33pm Share and Paint? 3:pm Tea Time— 3:15 Penfield Green</p>	18—	<p>Newport Support Group on 3rd Wednesday 12noon Samaritan Educ</p> <p style="text-align: center;">➔</p>	<p>19— 8:00 am Welcome Hour 11 am Kickball Red/Tomato Soup, Sub Sandwiches w/ baked beans 1pm Set-up For Song & Dance 1:30 pm Mel on Guitar 2:30 pm Bingo 3:00 Tea Time- 3:15 pm Hang Man--</p>	20—	<p>Caregiver Support Group Noon-1pm Driftwood Library Bring a sack</p>	<p>21—8:00 am Welcome Hour 10 am Al on Guitar Adam Swart, Counseling 11:00 Bean Bag Toss Split Pea Soup, Tuna Melt or Grilled Cheese w/ applesauce 1:30 Painting w/ Larry 3 pm Tea Time 3:15 Black Jack— 21—</p>	22—	<div style="border: 2px solid red; padding: 5px;"> <p>E—Elder I—Information E—Education I—Involving O—Others 2nd and 4th Friday of the Month</p> </div>
23—	<p>24—8:00 am Welcome Hour 11 am Bowling Salad, Meatloaf or veggie burger, and corn 12:30pm “Did You Know” 1:30 pm Al & Mel on Guitar 3 pm Tea Time 3:15 Card Game</p>	25—	<p>26—8:00 am Welcome Hour 11 am Noodles and Balloons <p style="text-align: center;">Salad Pizza</p> 12:30 Set up Poetry and Prose 2:pm Bingo 3pm Tea Time 3:15 Hang Woman</p>	27—	<p>28—8:00 am Welcome Hour 10 am Al on Guitar 10:30 EIEIO w/ Matthew 11:am Ring Toss Salad and Chowder, rolls 12:30 Al on Guitar 1 am Healing Energy Gwen 1:30 Mel on Guitar 3 pm Tea Time 3:15 WAR—</p>	29—	<p>LEAP YEAR</p>		